

## Title

Warum treiben wir Sport?: Revision of the Bernese Motive and Goal Inventory in leisure and health sports (BMZI)

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## Abstract

### Introduction

Tailored interventions are called for in order to promote physical activity efficiently. Sport-related motives and goals are presently rarely included systematically in the design of interventions, despite the key role they play in wellbeing and adherence to sport activities. The Bernese Motive and Goal Inventory (BMZI) allows an individual diagnosis of the motives and goals in leisure and health sports in people in middle adulthood (35-year to 64-year-old). The questionnaire was developed in 2011 (Lehnert, Sudeck & Conzelmann, 2011) and since then it have been applied in resarch and practice several times. Thereby, we have revealed certain indications, that the questionnaire should be modified. Thus, the present paper aims to examine the validity of an updated version of the BMZI.

### Methods

We adapted the original BMZI on the basis of empirical results and theoretical considerations. We tested the updated questionnaire in two samples: One sample consist of employees of Swiss companies and authorities. The other sample consists of patients of a medical rehabilitation program in Germany. We used Exploratory Structural Equation Modeling (ESEM; Marsh et al., 2014) to examine the validity of the revised version of the BMZI.

### Results and Discussion

The revised BMZI covering the following motives and goals: Body/Appearance, Contact, Competition/Performance, Fitness, Health, Positive Exercise Experiences, Distraction/Catharsis. The global model fit of the updated version of the BMZI can be described as satisfactory to good. These results suggest good factorial validity of the revised BMZI. The inventory can be recommended as an economical instrument for the individual diagnosis of the psychological conditions for sport commitment in middle adulthood.

## References

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